

**Claims**

1. Food product comprising an aqueous phase, said product comprising  $\beta$ -sitosterol and  $\beta$ -sitostanol, characterised in that the amount of  $\beta$ -sitostanol is from 5 to 10 wt% based on the total weight of  $\beta$ -sitosterol and  $\beta$ -sitostanol.
2. Food product according to claim 1 wherein the amount of  $\beta$ -sitostanol is from 6 to 9 wt%, preferably from 6.5 to 8.5, more preferred from 7 to 8.5 wt% based on the total weight of  $\beta$ -sitosterol and  $\beta$ -sitostanol.
3. Food product according to claim 1 wherein the  $\beta$ -sitosterol and  $\beta$ -sitostanol are at least partly esterified to fatty acids.
4. Food product according to any of claims 1-3 which additionally comprises up to 1 wt% campestanol, preferably from 0.7 to 1 wt% campestanol based on the total weight of the phytosterols in the food product.
5. Food product according to any of claims 1-4 wherein the amount of  $\beta$ -sitosterol is from 45 to 90 wt%, preferably from 50 to 90 wt%, more preferred from 70 to 90 wt% on the total weight of all phytosterols in the food product.
6. Food product according to any of claims 1-5 wherein the total weight of phytosterols is from 0.5 to 15 wt%, preferably from 1 to 10 wt% free phytosterols based on the total weight of the food product.

7. Food product according to any of claims 1-6, which is selected from the group comprising milk, yoghurt, margarine, and juices.
8. Food product according to any of claims 1-7, which comprises fat, preferably at a level of at least 10 triglyceride molecules per phytosterol molecule.
9. Food product comprising  $\beta$ - sitosterol and a small amount of  $\beta$ - sitostanol for use in reducing the absorption of  $\beta$ - sitosterol in blood.
10. Method for preparing a formulation for use in lowering the uptake of  $\beta$ -sitosterol in blood wherein a composition comprising  $\beta$ - sitosterol and  $\beta$ -sitostanol, wherein the amount of  $\beta$ -sitostanol is from 5 to 12 wt% based on the total weight of  $\beta$ -sitosterol and  $\beta$ -sitostanol, is used.
11. Method for preparing a formulation for use in the reduction of total triglyceride levels in blood, wherein a composition comprising  $\beta$ - sitosterol and  $\beta$ -sitostanol, wherein the amount of  $\beta$ -sitostanol is from 5 to 12 wt% based on the total weight of  $\beta$ -sitosterol and  $\beta$ -sitostanol, is used.